

creating a better day

Depression can drain excitement and motivation from your daily life preventing you from doing anything. Setting plans for your day is a great way to help you stay on track as well as feel uplifted and motivated to do the things you love.

An activity that expresses my values:

An activity that always makes me smile:

An activity that relaxes me:

An activity that connects me with people I care about:

An activity that makes me think:

An activity that I enjoy but never make time for:

An activity that brings back wonderful memories:

An activity that is always fun:

Other meaningful activities: